

# A Guide to Helpful Programs and Services that WIC wants you to know about

## Medicaid (including Texas Health Steps)

statewide toll-free information number: 1-888-834-7406

website: [http://www.hhsc.state.tx.us/medicaid/med\\_info.html](http://www.hhsc.state.tx.us/medicaid/med_info.html)

Medicaid helps some people pay for medical services. Medicaid benefits include hospital insurance, doctors' services, and help paying for prescriptions.

Eligibility is based on a family's income and resources. Families with a pregnant woman or an infant younger than 1 can have a higher income than other Medicaid families. For purposes of Medicaid income eligibility, pregnant women are counted as two persons. The chart on this page shows how much monthly income your family can have, and still get Medicaid.

## Texas Health Steps

statewide toll-free information number: 1-877-847-8377

website: <http://www.dshs.state.tx.us/thsteps/about.shtm>

Texas Health Steps provides medical checkups that include vision and hearing exams for Medicaid clients from birth to age 21. Texas Health Steps provides dental checkups, too. Case managers are assigned to children with special health needs. Ask your doctor, nurse, or dentist about Texas Health Steps.

## Medicaid Income Eligibility Limits Effective April 1, 2006

WIC participants may be eligible for Medicaid if the family's monthly income is no greater than the amount shown below:

Family Size*	Monthly Income		
	Infants younger than 1 185% of federal poverty limit	Pregnant Women 185% of federal poverty limit	Children 1 to 5 years old 133% of federal poverty limit
1	\$1,511	\$1,511	\$1,087
2	\$2,035	\$2,035	\$1,463
3	\$2,560	\$2,560	\$1,840
4	\$3,084	\$3,084	\$2,217
5	\$3,608	\$3,608	\$2,594
6	\$4,132	\$4,132	\$2,971
7	\$4,656	\$4,656	\$3,348
8	\$5,180	\$5,180	\$3,724
9	\$5,705	\$5,705	\$4,101
10	\$6,229	\$6,229	\$4,478
11	\$6,753	\$6,753	\$4,855
12	\$7,277	\$7,277	\$5,232
13	\$7,801	\$7,801	\$5,609
14	\$8,325	\$8,325	\$5,985
15	\$8,850	\$8,850	\$6,362
	In families with more than 15 members, add \$525 for each additional member	In families with more than 15 members, add \$525 for each additional member	In families with more than 15 members, add \$377 for each additional member

\*For purposes of Medicaid income eligibility, pregnant women are counted as two persons.

More on back

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## Child Support Enforcement Services

statewide toll-free information number: 1-800-252-8014 (Child Support Division of the Office of the Attorney General)

website: <http://www.oag.state.tx.us/child/index.shtml>

The Office of the Attorney General helps parents, or other adults caring for children, get child-support payments from absent parents. Free services include finding absent parents, proving who the child's father is, and collecting and distributing money for child support.

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## Children's Health Insurance Program (CHIP)

statewide toll-free information number: 1-800-647-6558 (TexCare Partnership's Member Services Department)

website: <http://www.texcarepartnership.com>

This insurance program is designed for families that earn too much money to qualify for Medicaid, but who cannot afford private insurance. The parents in some of these families have jobs that do not offer health insurance for children, or else the insurance is too expensive. CHIP covers services such as hospital care, surgery, X-rays, therapies, prescription drugs, treatment for mental health and substance abuse, emergency services, eye tests and glasses, dental care, and regular health checkups and vaccinations.

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## Family Planning Services

statewide toll-free information number: 211 (Family Health Services Information and Referral Line)

website: <http://www.dshs.state.tx.us/famplan/default.shtm>

Most community family planning clinics offer pregnancy testing and counseling, birth-control methods and counseling, and tests for breast cancer and cervical cancer. Most clinics provide HIV testing and counseling. Services are available for teens. All family planning services are confidential. Most services are free or low-cost.

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## Food Stamp Program

statewide toll-free information number: 1-888-834-7406

website: <http://www.hhsc.state.tx.us/programs/foodstamps/foodstampfaq.html>

The Food Stamp Program provides help with food to families within certain income limits. Eligible participants receive a Lone Star Card which is used like cash to buy food and garden seeds. It cannot be used to buy tobacco, alcoholic beverages, or things you can't eat. You can be enrolled in the Food Stamp Program and in WIC at the same time.

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## Temporary Assistance for Needy Families (TANF)

statewide toll-free information number: 1-888-834-7606

website: <http://www.hhsc.state.tx.us/programs/TexasWorks/TANF.html>

Temporary Assistance for Needy Families (TANF) gives money directly to low-income families with children younger than 18 who have no parental support. "No parental support" means that one or both parents are unemployed, disabled, dead, or continuously absent from the home. Family income and resources are used to find out if a family qualifies.

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## Other Helpful Toll-Free Numbers

Postpartum Depression hot line .....	1-877-472-1002
Child Abuse Report.....	1-800-252-5400
Early Childhood Intervention (ECI) .....	1-800-250-2246
Medicaid hot line.....	1-800-252-8263
Parents Anonymous/Texas HEARTline for child abuse prevention and referral (Family Forward) .....	1-800-554-2323
Texas HIV and STD information Line (formerly AIDSLINE).....	1-800-299-2437
WIC statewide information number.....	1-800-942-3678

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rev. 05/06 stock no. 13-156

# Texas WIC Reference Guide

## Purpose of WIC

To give children the best possible start by providing optimal nutrition during the critical stages of development.

## Who is Eligible?

- Pregnant Women
- Breastfeeding Women
- Postpartum Women
- Infants
- Children younger than 5

## Eligibility Requirements

- Meet income guidelines.  
(see chart below)  
*Households with incomes up to 185% of the federal poverty line are eligible.*
- Have a nutrition-related health problem.  
*WIC applicants receive an initial screening at a WIC clinic to find any nutrition problems.*
- Be a resident of Texas.  
*WIC clients usually receive services in the county where they reside.*  
*U.S. citizenship is not a requirement for eligibility.*

## Income Eligibility Guidelines

effective April 1, 2006

Number of Household Members*	Gross Monthly Household Income	Gross Yearly Household Income
1	\$0 up to \$1,511	\$0 up to \$18,130
2	\$0 up to \$2,035	\$0 up to \$24,420
3	\$0 up to \$2,560	\$0 up to \$30,710
4	\$0 up to \$3,084	\$0 up to \$37,000
5	\$0 up to \$3,608	\$0 up to \$43,290
6	\$0 up to \$4,132	\$0 up to \$49,580

For more than 6 household members, or if you have any income questions, call 1-800-942-3678. Individuals with proof of Medicaid, TANF, or Food Stamps automatically meet income eligibility.

\*One pregnant woman counts as two household members.

Call  
**1-800-942-3678**



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## How to Become a WIC Client

- Call 1-800-942-3678. You'll get the phone number of the best WIC clinic for you.
- Call that clinic. Make an appointment to see if you and/or your household members can become WIC clients.
- Bring proof of income.

Anyone on Medicaid, TANF, or Food Stamps already has the right income for WIC. So, bring proof that you and/or your household members are on Medicaid, TANF, or Food Stamps.

For each person in your house who has income, bring one of these items:

- Pay stub that shows "gross income."
- Current tax records.
- Letter from employer.
- Proof of Social Security benefits.
- Alimony or child-support payments.
- Other proof (check with clinic).

- Bring proof of where you and/or your household members live.

Bring one of these items:

- Rent receipt.
- Utility bill.
- Other proof (check with clinic).

- Bring proof of identification for each person who wants WIC benefits.

Bring one of these items:

- Driver's license.
- Birth certificate.
- School ID or work ID.
- Other proof (check with clinic).

- Each woman, infant, and child who wants WIC benefits must come to the appointment.

- You each will get a simple screening to find any nutrition problems.

## Services WIC Offers

### Nutrition Education

- Nutrition counseling
- Nutrition classes

### Breastfeeding Support and Education

- Clients receive encouragement and instruction in breastfeeding methods.
- You may be eligible for a breast pump from WIC.

### WIC foods

- Milk, Buttermilk • Cheese
  - Cereals • Juices
  - Eggs • Beans, Peas, Lentils
  - Peanut butter • Infant formula
- For breastfeeding mothers only:
- Tuna • Carrots

### Childhood Immunizations

- Some WIC clinics give shots. Others will refer you to a nearby shot clinic.

### Referrals

WIC refers to a variety of health and social services, including:

- Medicaid and Texas Health Steps
- Family Planning
- Head Start
- TANF and Food Stamps
- Early Childhood Intervention
- Children's Health Insurance Program (CHIP)